

Winter Term Workshops 2023

Register: Monday, November 14, 2022

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Student Activities Office is happy to provide the 2023 winter term workshop programs. **All workshops are free and non-credit bearing.**

Workshop Registration Information:

Register for the workshop(s) of your choice starting Monday, November 14, 2022 until 8:00am Thursday, December 15, 2022 using Ideal Logic. **Please use your Middlebury single sign on when logging in to Ideal Logic. If you have any questions regarding a workshop, please email the instructor directly.**

- Workshops begin Thursday, January 5, 2023 and end Thursday, February 2, 2023.
- The deadline to cancel your attendance in a workshop is Wednesday, January 11, 2023.

- **Asterisked workshops are offered for P.E. credit; you must attend at least 7 hours to receive the PE Credit.**
- See the Student Activities staff if you have any questions.

The Body Project

The Body Project is a 4-week series on growing your connection to your own body. Too often we are bombarded by messages rooted in systems of oppression and money-making schemes about how our bodies "should" look, feel or be. This interactive series is meant to honor your body's journey and the inherent wisdom inside of you. Sessions will be a combination of reflection, education, and conversation. This workshop is open to all people with a body.

MEETING: Tuesday, 3:30pm-5:00pm
1/10, 1/17, 1/24, 1/31
LOCATION: Health & Well Office - Ross Basement
Instructor: Karly Beavers
Co-Instructor: Maddie Hope-Lyng

Knitting and Crochet Workshop (All levels Welcomed)

The purpose of this workshop is to teach those who want to learn how to crochet and knit, beginners as well as those with some experience are welcome. Over the course of the month, we will make several projects, and everyone will be able to leave with what they have created. After these few weeks, I think everyone will be able to continue knitting or crocheting on their own.

MEETING: Monday, Wednesday, 4:30pm-6:00pm
1/9, 1/11, 1/16, 1/18, 1/23, 1/25, 1/30, 2/1
LOCATION: Laforce 121
Instructor: Luxane Lefevre

Peer Support Skills

A workshop series designed to help students learn more about how to support friends, identify effective ways of coping & improve listening and referral skills. Students must participate in each workshop to earn a certificate at the end of the series. Facilitated by two professional staff members in Health and Wellness Education.

MEETING: Monday, Tuesday, 4:00pm-5:15pm
1/9, 1/17*, 1/23, 1/30
LOCATION: Ross 004, Laforce 121*
Instructor: Liam Lawlor
Co-Instructor: Maddie Hope-Lyng

Beginner Mixed Media: Watercolor, Clay-modeling and more!

This course is aimed towards beginner and intermediate artists. Basic supplies and materials are provided but are encouraged to bring whatever they enjoy making art with! Each week, we will focus on one of the 3 mediums of the course; painting, drawing, and modeling. Students are encouraged to attend all sessions to have a grasp on the rudimentary fundamentals of studio art. At the end of the course, the last class will act as an open studio where students can choose one (or multiple) from the three to present to the class.

MEETING: Saturday, 1:00pm-3:00pm
1/7, 1/14, 1/21, 1/28
LOCATION: Mitchell Green Lounge
Instructor: Eric Tran

Improvisational Movement

Come find the joy in movement! This workshop will be on improvisational movement practices. Each workshop will be an hour-long practice in guided improvisation in which there is a safe space for movement exploration. It is open to folks of all backgrounds and abilities; no dance or movement experience is required and accommodations will be made to ensure it is an accessible space and experience for all who want to participate.

MEETING: Thursday, 6:00pm-8:00pm
1/5, 1/12, 1/19, 1/26
LOCATION: McCullough - Wilson Hall
Instructor: Remi Welbel

Portraits, Self Portraits and the like

This workshop is all about exploring portrait drawings, and will be mostly short-form drawings, nothing longer than an hour. We'll use mostly graphite and pen, but there will be opportunities for other media types. We'll take turns drawing each other, have visitors sit for us, and make self-portraits. There will be guided activities, but I hope everyone takes as much or a little guidance as they like. The goal is to make art in a joyful way, make art we enjoy, and maybe build a little confidence along the way! All levels of skill are encouraged to join.

MEETING: Monday, Wednesday, 6:00pm-7:00pm
1/9, 1/11, 1/16, 1/18, 1/23, 1/25, 1/30, 2/1
LOCATION: Adirondack Coltrane Lounge
Instructor: Maia McNeill
Co-Instructor:

Intro Stand up Comedy

In this introductory workshop, we will learn the basics of standup comedy, including it's performance, writing, and history. We will then put this learning into practice by writing jokes and humorous stories, and present our work to the group in a safe, judgement-free environment. All are encouraged to join, and the performance aspect of the workshop is 100% voluntary each week. If you've ever been a fan of comedy, considered yourself a funny person, or want to become funnier, this workshop is for you.

MEETING: Monday, Thursday, 9:00pm-10:00pm
1/9, 1/12, 1/16, 1/19, 1/23, 1/26, 1/30, 2/2
LOCATION: Adirondack Coltrane Lounge
Instructor: Charley Moore

Beginner Tap Dance Workshop with On Tap!**

On Tap's Winter Workshop is open to all, no tap experience required or expected! This is a beginner workshop intended to be accessible to all. We will learn some basic tap steps, like shuffles, paradiddles, maybe even some time steps... we'll provide the shoes, the music, the moves, all you need to bring is the fun! After learning the basics, you'll have the opportunity to show off your skills at our spring auditions — you could become a Winter Workshop Success Story! ****This workshop has been approved for PE Credit.**

MEETING: Wednesday, 6:00pm-8:00pm
1/11, 1/18, 1/25, 2/1
LOCATION: McCullough - Wilson Hall
Instructor: Julia Roth

RIDDIM World Dance Troupe Winter Workshop**

RIDDIM World Dance Troupe is an audition-based organization that strives to be an affirming space that embraces the exploration of an inclusive artistic process of dance. We seek and prioritize diverse dance forms with the goal to actively dismantle the tool of whiteness and how it operates in the world of dance. Through our dance workshop, we will create an inclusive space that helps build confidence and knowledge around dance and performance for the Middlebury community. Our efforts will revolve around fostering a love for dance and explore intersections of one's body within dancers, ESPECIALLY those who do not have any dance background. We acknowledge that we will center meeting the needs and wishes of the community members who attend through the accessibility of our teaching and choreography. RIDDIM is an outlet for our dancers to explore their relationships with their bodies and express themselves when words fail to do so, and we wish to provide the greater Middlebury community with the same outlet that we have been very fortunate to have; our workshop will span over the course of J-Term with different styles and different choreographers teaching every week. ****This workshop has been approved for PE Credit.**

MEETING: Wednesday, 8:15pm-10:15pm
1/11, 1/18, 1/25, 2/1
LOCATION: McCullough - Wilson Hall
Instructor: Jaime Medina-Balcazar
Co-Instructor: Emily Kuperstein

(Learn to) Play Euchre

This workshop is designed to be an introduction to the game of Euchre, a popular four-player card game in the Midwestern United States. Euchre is fun, fast, easy to learn yet hard to master. We will start by getting everyone up to speed on the rules, and then we'll basically just play the game. Each week it might be fun to have a small tournament structure in place, with some fun prizes too! So come on out and learn all about one of the Great Lakes region's favorite pastimes.

MEETING: Wednesday, 7:00pm-8:30pm
 1/11, 1/18, 1/25, 2/1
LOCATION: Axinn 104
Instructor: Kevin Grady

Intro to Horsemanship - Sponsored by the Equestrian Team

Have you ever wanted to learn about horses or hang out with them but never got the chance? The Middlebury Equestrian Team is hosting a workshop specifically designed for people with minimal to no horse-related experience. We'll go over basic horse handling, grooming, health, and care. Workshops will take place at the Eddy Farm just a five minute drive from campus and transportation will be provided. You'll get plenty of opportunities to work directly with our very safe and trustworthy ponies. Sign up for the workshop and meet Scout, Dusty, Buttercup, and many others this J-term!

MEETING: Tuesday, 4:30pm-6:30pm
 1/10, 1/17, 1/24, 1/31
LOCATION: Eddy Farm, South Street Middlebury
Instructor: Anika Jessup
Co-Instructor: Sage Mauri

A Theoretical and Practical Introduction to Magic and Mentalism

Have you ever seen a magic act in person? Has someone ever read your mind before? Have you ever wanted to better understand the secretive art of magic? In this workshop, Marco Motroni '25 will outline the basic theory behind magic and mentalism: why each seemingly irrelevant moment matters, the thought behind creating magic, and the psychological components that make a performance work are just a few of the topics that will be covered. In addition to learning about the theoretical facets of magic and mentalism, you will also get to learn and try out a handful of simple yet extremely effective tricks that you can use to astound your friends and family. Become an honorary J-term magician today!

MEETING: Wednesday, 7:00pm-9:15pm
 1/11/2023
LOCATION: Sunderland-Dana Auditorium
Instructor: Marco Motroni

Hunter Education & Certification**

Emphasis on hunter safety, outdoor safety & wildlife conservation. Pre-requisite 5-hour online course* to participate in the Saturday workshop. The day-long field-day of hands-on activities include orienteering and live-fire target practice. Upon successfully completing the online course, field day and written test, participants will be certified to purchase a hunting license in the United States and Canada. The field-day event will take place at Kehoe Green Mountain Conservation Education Center and Shooting Range. Transportation will be provided, leaving campus at 8:00 a.m. and returning by 6:00 p.m. Portions of the day will be spent outdoors - please dress accordingly and bring a bag lunch. *To receive the online course from the State of Vermont, please provide an email address that you will check regularly. If you sign-up a friend, please provide their email. ****This workshop has been approved for PE credit.**

MEETING: Saturday, 8:00am-6:00pm
1/21/2023
LOCATION: Kehoe-Green Mtn Conservation Camp
Instructor: Wendy Butler
Co-Instructor: Joe Tamagni

Learn to Ice Skate**

Learn to Ice Skate offers teaching on fundamental basic skating skills and elements. We will start with marching, how to properly fall, and progress towards cross-overs (forward and backward), one-foot spins, and more! Open to all levels, no experience required. We provide the skates (and the fun), you just get on and skate! This workshop will be a low-pressure, friendly environment where you can make new friends and hopefully gain a new hobby! ****This workshop has been approved for PE credit**

MEETING: Tuesday, Thursday, 1:00pm-2:00pm
1/5, 1/10, 1/12, 1/17, 1/19, 1/24, 1/26, 1/31, 2/2
LOCATION: Kenyon Arena
Instructor: Maya Henning
Co-Instructor: Elizabeth Sherman, Viet Khuong, Lydia Erdman, Josie Cochran

Contemporary Movement Forms**

Dance class inspired by instructor's movement history as conglomerated into a contemporary dance practice. Class will consist of improvisational practices, guided movement phrases, and technical exercises that will help guide dancers in expanding their capacity for new movement pathways. Beginner sessions are open to all. Intermediate/Advanced recommended 1+ year experience in any dance style/technique/practice. ****This workshop has been approved for PE credit.**

MEETING: Monday, Tuesday, Mondays, 5:00pm-7:00pm; Tuesdays 7:00pm-9:00pm
1/9, 1/10, 1/16, 1/17, 1/23, 1/24, 1/30, 1/31
LOCATION: MAC 109
Instructor: Graham Shelor

Effective Altruism @Midd

Ever yearn for something more to your career than the promise of wealth, status, fame? Believe that the true way to happiness, is making other people happy? Then you likely have considered impact. That is precisely what effective altruists do: a global community of students, professionals, and activists who frequently ask themselves and each other: what does actively doing good in the world actually look like? Why should we even consider the idea of doing good? And what are the most effective ways to do so? These are questions that many of us at Midd ask ourselves. What if we did so in a group setting? A space where we can openly discuss moral worries that career advisers can't seem to address: what goals are actually worth dedicating 80 years of your life to? What kind of change would I like to see in the world, and can I actually contribute to that? Over the span of the next few weeks, the EA club will be organizing reading groups, 1-1 tutoring sessions, and discussion sections where we can dive into your career interests, and the global issues that speak to you most. We want to help empower you so that you can create the type of impact you want in your career.

MEETING: Monday, 8:00pm-9:00pm
1/9, 1/16, 1/23, 1/30
LOCATION: Axinn 220
Instructor: Camiel Schroeder

Midd Masti J-Term Classes

Midd Masti strives to create a stronger performing arts community on our campus. We enjoy teaching different South Asian dance styles and are open to learning new ones too! We will be offering J-Term dance lessons and hope to see many of you come out and have lots of fun!! Bring your friends and enjoy our festivities!! No prior dance experience is required!!

MEETING: Monday, 6:00pm-7:00pm
1/9, 1/16, 1/23, 1/30
LOCATION: Forest Basement
Instructor: Amun Chaudhary
Co-Instructor: Fahmid Rashid

Evolution Dance Crew Workshop**

Evolution Dance Crew is a student-led dance organization on campus. We make it our mission to create inclusive, fun, and safe dance spaces on campus that are available to everyone regardless of dance experience. In line with this mission, Evolution holds annual J-Term workshops that are open to all members of the Middlebury student body so they can learn from student choreographers within Evolution. Through this workshop, we aim to provide a space for participants who are looking to try out dancing in a low-stakes, fun environment where they can learn fun choreography, improve their dance skills, and meet fellow dancers. This workshop meets once a week for two hours throughout the duration of J-term. ****This workshop has been approved for PE credit.**

MEETING: Wednesday, 8:30pm-10:30pm
1/11, 1/18, 1/25, 2/1
LOCATION: Forest Basement
Instructor: Amina Matavia
Co-Instructor: John Bermudez

Reduce, Reuse, Upcycle

Do you have old clothes lying around that need revamping? Are you interested in upcycling, but have never had the materials or time to pursue it? This is the J-term workshop for you! Reduce, Reuse, Upcycle will be a four-week workshop, with a two-hour session each week. Each session will focus on a different upcycling technique. Some of these will include ice dyeing, embroidery, and indigo imprinting. Once the participant list is finalized, we'll incorporate other techniques and materials that interest you (: If you don't have clothes to use for this workshop, not to worry—we'll have some available! And even if art doesn't feel like your thing, this could be a great opportunity to try something new that's good for your wallet and the environment (and hopefully you'll make some friends and have lots of fun along the way!). We're looking forward to making art with you soon!

MEETING: Tuesday, 6:00pm-8:00pm
1/10, 1/17, 1/24, 1/31
LOCATION: Adirondack Coltrane Lounge
Instructor: Daleelah Saleh
Co-Instructor: Gwendolyn Orme

Content Create Like A Pro

Do you have dreams of being a social media influencer? Do you like taking photos and videos but want to up your game? Have you always wanted to take a film class but never had the time? This is the workshop for you! As the workshop title suggests, you'll learn how to create media content like a pro. We'll cover photography basics, tips for taking your videos to the next level, a basic editing workflow in Adobe Premiere Pro, and more. This workshop will be mostly phone based, so that there are no barriers to participation. Looking forward to shooting with you soon!

MEETING: Wednesday, 4:00pm-6:00pm
 1/11, 1/18, 1/25, 2/1
LOCATION: Axinn 105
Instructor: Daleelah Saleh

Introduction to the World of Competitive Jump Rope

Ever wondered what the world of competitive jump roping is like? (Probably not... you may have never even heard of it - go look it up on youtube, it's pretty cool.) Love jump roping? Never picked up a jump rope before? Well, this MiddJumps sponsored workshop is just right for you! In this workshop, we will teach all types of jump rope - single rope, Double Dutch, long rope, wheel, speed, the list goes on! (And if you don't know about these styles...you should join and find out more!) Jump roping is an incredible way to stay active, exercise your creativity, and make new friends, so come jump with us! All levels of experience are welcome!

MEETING: Tuesday, 4:30pm-6:00pm
 1/10, 1/17, 1/24, 1/31
LOCATION: McCullough - Wilson Hall
Instructor: Annabelle Iredale
Co-Instructor: Liana Eisner